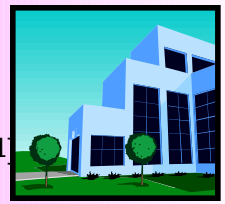
Ask for Help

Navy medical hospitals and clinics offer Tobacco Cessation group and classes to help smokers quit!



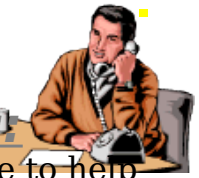
Local Resources

Web Quitting Resources

- ACS – www.cancer.org
- ALA – www.lungusa.org
- NEHC – www-nehc.med.navy.mil/hp/tobacco
- Try to Stop - http://trytostop.org

We Quit S[illegible]g

Hotlines #s:



Call a national or state hotline to help with the quitting process:

American Cancer Society - 800-227-2345

American Lung Asso. – 800-586-4872

National Cancer Institute – 800-422- 6237

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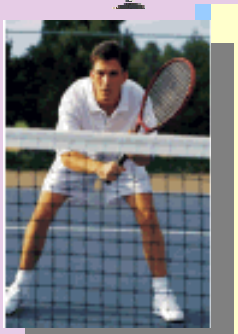
Are you ready to quit?



Getting Ready To Quit

Ways to Quit

Think of all the *Positive* Reasons for quitting:

- To improve my appearance!
- To save money!
- To be a good role model!
- To show my independence!
- ve my health!

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Negative Effects of Smoking

- Get sick more often
- Stains my fingers & teeth
- Bad breath
- Makes me look older

What are yours?

Make a Commitment

- Make a decision to Quit!
- Select a day, within the next couple of weeks to quit
- Ask your friends, family and co-workers to support your efforts!

Join the Club of Millions of Americans who have Quit Smoking!

Develop a Plan

- How will I quit
- When will I quit
- How will I successfully cope with urges to smoke?
- How will I deal with withdrawal symptoms?
- How will I manage risky situations?

Go Cold Turkey

Quit smoking and using all tobacco products on a particular day!

Tips include –

- Staying focused on the reason for quitting
- Drinking lots of wate & juice
- Keeping occupied a chewing sugarless gum
- Avoiding smokers

Tapering

Cutting down and reducing your smoking until the quit day! For example, cutting down from 30 cigarettes daily to 25, then 20 to 15, to 10 then QUITTING!

Medications

There are several medications which are helpful for smokers with quitting! This includes – Nicotine Replacement Therapy (patches, gum, inhaler) and pills (Wellbutrin) which are part of a comprehensive treatment